



## 7. Lauf "Rund um Frauenwald"

Frauenwald / 11.08.2012

### Detailed evaluation

**Pennewiß, Jan**

Club: -

Number: 348

Course: 14.60 km

Hauptlauf

Category:

Männer (20-29 Jahre)

Total time: 1:07:31

Speed: 12.44 km/h

Running performance: 4:37 min/km

Rank in course/Total: 25 (of 98)

Rank in course/Men: 24 (of 79)

Best time in course: 56:33

Rank in category: 3(of 10)

Best time in the category: 1:00:20